**Capel Pre-School Packed Lunch Guidance for Parents**

**Practical tips for a healthy packed lunch.**

**\*Involve your child in choosing and preparing their packed lunch.**

**\*Keep food fresh by adding a small freezer ice pack.**

**\*One child's portion size of fruit or vegetable is roughly the amount they can**

**hold in their hand.**

**\*Try to vary fillings for sandwiches and also try to add some salad.**

**\*Swap to wholegrain bread, or use one slice of white and one of brown,**

**using different types of bread makes a sandwich more interesting.**

**Please note**

**\*Waste or uneaten items are taken home in their lunch bag.**

**\*Children are encouraged not to share as some children may have dietary needs.**

**\*Try pasta, rice, bean salad, instead of a sandwich.**

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| --- | --- | --- | --- | --- |
| **Choose 1 item** | **Choose at least 2** | **Choose 1 item** | **Choose 1 Item** | **Drink** |
| Sandwich  Crackers  Bagel  Bread Roll  Pasta  Wrap  Pitta Bread  Rice  Sausage Roll  Bean Salad | Banana  Apple  Pear  Mango  Strawberries  Tomato  Carrot  Cucumber | Crisps  Cheddar Biscuits  Twiglets  Cake  Biscuit  Dried Fruit | Yoghurt  Yoghurt Drink  Smoothie | Water |

Suggested Sandwich fillings; Ham, Chicken, Beef, Pork, Egg, Salad, Cheese.

Small packets of crisps only please.

**Thank you for your co-operation**